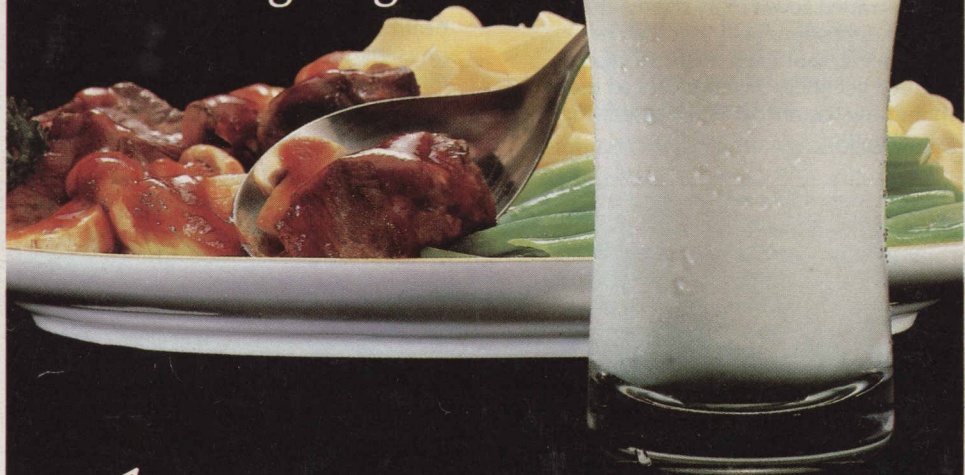


FREE
Take One.

fitness forever on a budget

Low-Cost Meals
No-Cost Exercise Plan
Food Budgeting Guide



Your assurance of a Real Dairy Food.

Fitness is a State of Mind!

Let's face it. Everyone knows good nutrition and regular exercise can make you feel better—Yes, even look better.

This booklet, with its reduced calorie, 7 day menu, is designed to meet the Recommended Dietary Allowances for women 19 to 50 years of age for all leading nutrients except iron. Fitness Forever On A Budget emphasizes the importance of a nutritionally adequate menu plan and a sensible exercise program.

With minimal effort, a dash of persistency and a cup of determination you can improve your eating habits as well as your physical condition.

There's no need to invest in expensive equipment to tone up lazy muscles. And, by taking advantage of basic food buys, you can enjoy delicious, nutritious meals and still keep your budget in line.

Yes! It can be done. To show the way, our experts, Susanne Cheung, M.S., R.D. and Ruth Bowling, M.P.H., R.D., have planned seven daily menus that are not only super tasty but they're economical, too! Each menu is calorie counted yet offers 3 well balanced meals containing the nutrients necessary for good health.

Daily menus average 1400 calories per day. Men and growing youngsters can enjoy these meals, but other foods, as well as increased portion sizes, should be added to increase the caloric and nutrient level. Be sure that children and teenagers get their daily share of milk to meet their growing bodies' need for calcium. It is suggested that women include an iron supplement with this menu plan.

This reduced calorie diet plan includes wholesome milk because milk is extremely nourishing in relation to its caloric content. Best of all, milk is a very economical buy when one considers the nutrient density (ratio of nutrients to calories).

Milk belongs in a fitness plan because it is a major source of calcium and provides high quality protein. It is also rich in riboflavin, vitamin B₁₂, phosphorus, vitamins A and D as well as other important nutrients.

Our exercise physiologist, William J. Stone, Ed.D., has created a sensible exercise program that can benefit all age groups and guide you toward a healthier, happier life. Consult your physician before beginning this or any other diet/exercise plan.

Make up your mind to start today on the road to Fitness Forever.



Save Calories and Dollars

You'll love to serve these delicious meals to your whole family; you eat recommended servings—they eat more.

These menus offer great variety and are cost calculated on major ingredients to help stretch those food dollars while enjoying well balanced, nutritious meals. Start each day with a nutritious breakfast. It will help you feel better and may even improve your performance.

Calories are calculated on individual servings and on whole milk.

Each lunch in this 7 day guide is ready to travel for away from home enjoyment. Suggestion for brown baggers: Prepare foods in the morning or night before. Keep hot food hot and cold food cold by using a wide mouth thermos.

Buy a handy carton of milk where you eat. Milk helps balance meals.

Day One

BREAKFAST *308 calories*

Whole Wheat Flakes (1 cup)
Apple Sauce (1/2 cup, unsweetened)
Milk (8 oz.)

LUNCH *432 calories*

Hot Beef Bouillon (1 cup)
Vegetable Dip (1/4 cup) [mix 1 cup low-fat cottage cheese, 1/3 cup yogurt, 1/3 cup mayonnaise, 1 tbsp. onion flakes, 1 tbsp. parsley flakes, 1 tsp. dill weed, 1/2 tsp. celery seed, and 1/4 tsp. salt. Refrigerate 1 to 2 hours before serving.] Serves 4.

Assorted Raw Vegetables (1 1/2 cups, e.g. green pepper, green beans, summer squash, etc.)

Crackers (4)
Milk (8 oz.)

DINNER *605 calories*

*Cantonese Chicken Stir-Fry (1 serving)
Steamed Fluffy Rice (1/2 cup)
Citrus Salad with Yogurt Dressing

(1/2 cup salad with 1 tbsp. dressing)
[combine 1 cup grapefruit sections, 1 cup orange sections, and 1 tbsp. grated orange peel. Dressing: Blend together 2 tbsp. toasted sesame seed, 2 tbsp. honey, 1/8 tsp. salt, and 1 carton (8 oz.) plain lowfat yogurt. Combine fruit mixture with dressing. Cover and chill for one hour. Place 1/2 cup mixture in individual serving dish; sprinkle each with 1 tsp. toasted almond slivers.] Serves 4.
Whole Wheat Roll (1 roll with 1 tsp. butter)


1,345 Total Calories

*CANTONESE CHICKEN STIR-FRY

1 whole chicken breast, deboned, skinned, sliced into strips
1 1/2 tbsp. soy sauce
2 tsp. cornstarch
1 tsp. sherry or chicken broth
dash of pepper
2 tbsp. vegetable oil
3 green onions, cut into 1-inch pieces
2 cups diagonally sliced celery
2 cups sliced fresh broccoli or snow pea pods
2 cups fresh bean sprouts
1 tbsp. minced fresh ginger or 1 tsp. ground ginger
1/4 cup chicken broth

Combine chicken with soy sauce, cornstarch, sherry or broth, and pepper; marinate 1/2 hour. Heat oil in wok or large skillet; stir-fry chicken and onions for 5 minutes. Add celery, broccoli, or pea pods, bean sprouts, and ginger; stir-fry for 10 minutes. Add broth; cover, heat 2 minutes. Serve over rice. Serves 4.

The menus in this weekly plan are based upon the U.S.D.A. low cost food plan, March, 1982 (Family Economics Review 3, 1982) for a family of four: a couple 20 to 54 years and children 6 to 8 years and 9 to 11 years. The cost of these menus was approximately \$10.00 per day from Phoenix, Arizona in August, 1982.

 This symbol denotes prior preparation is necessary.

Day Two

BREAKFAST

299 calories

Poached Egg (1)
English Muffin (1 toasted with 1 tsp.
butter)
Tomato Juice (4 oz.)

LUNCH

443 calories

Open Faced Peanut Butter Sandwich
(spread 2 tbsp. chunky peanut butter on 1 slice whole wheat bread.
Top with 2 slices peeled fresh orange or apple.)
Marinated Cucumber Slices (½ cup cucumbers with 1 tbsp. low calorie Italian salad dressing)
Milk (8 oz.)

DINNER

681 calories

*Vegetable "Lasagna" (1 serving)
Garlic Toast (1 slice French bread, spread with 1 tsp. butter mixed with dash of garlic powder)
Lemon Ice Cube (2 tbsp.) [mix ¼ cup undiluted lemonade concentrate with ¼ cup water and ½ tsp. grated lemon peel. Freeze in ice cube tray.]
Serves 4.
Milk (8 oz.)

1,423 Total Calories

*VEGETABLE "LASAGNA"

½ lb. lean ground beef
½ cup chopped onion
½ cup chopped green pepper,
fresh or frozen
1 clove garlic, crushed
1 8 oz. can tomatoes
1 8 oz. can tomato sauce
¼ cup chopped fresh parsley (or
2 tbsp. dried parsley flakes)
1 tsp. crushed oregano
1 tsp. crushed basil
½ tsp. salt
1½ cups lowfat cottage cheese
1 egg
1 large zucchini or 3 medium, cut

lengthwise into 9 slices, about
¼ inch thick, partially cooked
or 1 large eggplant, sliced
lengthwise, partially cooked
1 cup (4 oz.) shredded Mozzarella
cheese

Cook ground beef, onion, green pepper, and garlic in large saucepan until meat is brown; drain off fat. Add tomatoes, tomato sauce, ½ parsley, oregano, basil, and salt. Heat to boiling, stirring occasionally; reduce heat, simmer, uncovered, 1 hour. Mix together cottage cheese, egg and remaining parsley. In ungreased 8-inch square baking dish, spread thin layer of meat sauce. Layer ⅓ each of zucchini, sauce, Mozzarella cheese, and cottage cheese mixture. Repeat twice. Bake, uncovered, at 350°, 45 minutes. Let stand 15 minutes. Serves 4.

Vegetables are low-calorie, delicious, inexpensive, and they'll add fiber to your diet. When you're watching that budget consider lentils, beans and soybeans as well as the more popular vegetables, in season.

Try steamed vegetables. They are delicious. Simply suspend food over boiling water so steam from the water does the cooking. There are many steaming utensils available or you can improvise by placing a colander in a Dutch oven.

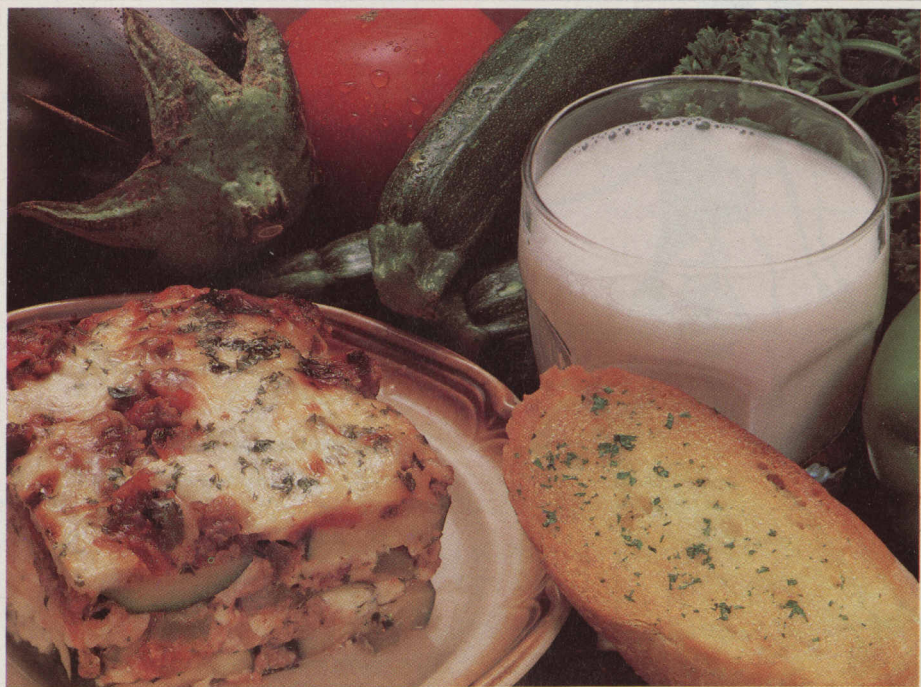
Dollar Wise Shopping Guide

There are many bargains in the supermarket and smart shoppers know how to trim that food budget by careful planning and shopping. Here are a few reminders.

- Read newspaper food ads and include specials in your weekly menus. Stock up on sale items.
- Make a shopping list and stick to it. Plan to shop after eating so unnecessary impulse items won't tempt you.
- Compare prices. Sometimes two-stop shopping can help you save.
- Use coupons for items you buy regularly. Attach coupons to your shopping list. They won't save money if left at home.

- Packing your own lunch can help save money and you can ensure a more nutritious meal.
- Use unit pricing, if available. The largest size is not always the best buy.
- Consider private label or generic brands when purchasing basic items. Nutritionally similar—generally less expensive.
- Buy seeds, nuts and dried fruits loose by the pound instead of packaged. You can make your own snack mix.
- Buy rice and grains in bulk.
- Use fruit as garnish if it is too expensive as a full serving.

NOTE: Real dairy foods are your assurance of nutritional integrity and offer cooking consistency. Look for the "REAL" Seal on the package.



Walk your way to fitness!

Brisk walking is one of the best, low cost, aerobic exercises. No fancy equipment is necessary—just comfortable fitting shoes, preferably with good arch support.

Aerobic exercise conditions the heart, lungs and blood vessels. Brisk walking or striding is an ideal method of starting an aerobic program because it involves good posture, deep breathing and good heart-lung activity.

Well, what do you know? You've been exercising right along simply by walking. Wrong! To attain aerobic benefits



you must stride or walk briskly for extended periods. To get started walking aerobically, construct your own progress level. Take it easy at first and gradually, over a period of several weeks, increase your activity within your limitations. (See chart.)

While walking, breathe deeply and take long, easy strides with arms swinging loosely. Keep the head erect and shoulders back. Land on the heel of your foot and roll forward to drive off the ball of the foot.

Walking is fun and you'll feel better for it.

If you find jogging, swimming or jumping rope more to your liking—go for it. Aerobic dancing is another very popular exercise activity you can do in your own home. Check with your physician before you start this or any other exercise program.

Fitness Forever is based on a lifestyle that combines regular exercise and a nutritionally balanced diet plan. You want to feel your very best forever, so, build in the few minutes required, each day, to achieve your goals. It's worth it. And, so are you.

Professional athletes warm up. You should warm up.

Before you step out—stretch those muscles. Breathe deeply. 5 to 10 minutes of warm ups can help you avoid straining those sleepy muscles.

Commit yourself, today. Start a Fitness Forever goal, now.

Get ready. Get set.

Each exercise session should begin slowly, gradually increasing the vigor of the activity. The session should include:

1. Warm up
2. Aerobic activity
3. Cool-down

Warm up with these breathing/stretching exercises.

1. DEEP BREATHING

Inhale fully as you raise arms from front to overhead position. Lower arms to your sides while exhaling fully. Repeat 10 times.



2. TRUNK TWIST

With arms fully extended laterally, feet apart, rotate torso fully left, return. Rotate fully right. Repeat 10 times.



3. ALTERNATE LEG LIFT

Standing erect, raise right leg chest high, grasping with both arms while pulling toward body. If you have difficulty keeping your balance, grasp with right arm and steady yourself with your left hand on an object for support. Repeat with left leg. Alternate 5 times each leg.



4. ALTERNATE FLOOR TOUCH

Standing erect with feet apart, curl down at the waist. Place one hand down toward the floor between your feet, the other in the air, above your head. Rotate your shoulders back and forth as you touch the floor with alternate hands. Repeat 10 times, each hand.



5. SIDE STRETCH

Stand straight, hands on hips. Step to one side and return to upright position. Repeat 5 times for each leg.



6. FRONT STRETCH

Stand straight, hands on hips. Step forward on one leg. Hold, and return to upright position. Repeat 5 times for each leg. Stretch those muscles.

7. JUMPING JACKS

Stand with your feet together, hands at your sides. Jump up, spreading your legs wide and simultaneously clapping your hands overhead. Start at 10 counts.

Now you're ready for an invigorating walk in the great outdoors.

COOL-DOWN Repeat the above exercises as part of your cool-down session.

NOTE: Many communities offer low-cost fitness programs in their schools. Learn about these opportunities by calling your local high school, university, Parks and Recreation Department or YMCA.

Here's a 3 month starter program offering guidelines to get you on the road to fitness.

Aerobic Fitness Guide

Brisk walk, jog, jump rope or dance. But, do it regularly, gradually building up your capabilities.

Week	Mon.	Tues.	Wed.	Thurs.	Fri.
1	5	5		10	10 (Min.)
2	10		15		20
3	20	20		25	25
4	25	25		30	30
Month					
2	30-45 minutes, 3-5 times per week.				
3	40-60 minutes, 3-5 times per week.				

NOTE: Jumping rope should be about one half the recommended time above.

Day Three

BREAKFAST

307 calories

Oatmeal ($\frac{3}{4}$ cup with 1 tbsp. raisins and 1 tsp. brown sugar)

Apricot Halves (3 halves packed in water or in heavy syrup, drained, rinsed)

Milk (8 oz.)

LUNCH

622 calories

🍳 Crispy Chicken Wings (2) [beat 1 egg with 2 tbsp. milk. Coat 8 chicken wings in $\frac{1}{4}$ cup flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. paprika, dash pepper. Dip in egg mixture. Roll in $\frac{1}{2}$ cup dry bread crumbs. Melt 2 tbsp. butter in baking dish at 425°. Roll chicken wings in melted butter. Brown 10 minutes. Reduce oven temperature to 375°. Bake 40 minutes or until done.] Serves 4.

Relishes (3 carrot sticks, 3 celery sticks, 4 radishes)

🍷 *Pineapple Carrot Bread (1 slice)

Milk (8 oz.)

DINNER

424 calories

Lemon Baked Fish (3 oz.) [place $\frac{3}{4}$ lb. red snapper or turbot fillets in single layer in baking dish. Combine 1 tbsp. melted butter, 4 tsp. lemon juice, 1 tsp. grated lemon rind, $\frac{1}{8}$ tsp. salt, $\frac{1}{8}$ tsp. rosemary, and dash of pepper; pour over fish. Bake at 350°, 25 minutes or until done.] Serves 4.

🍷 Oven-Baked Cornmeal Mush (2 slices)

[stir 1 cup cornmeal into 1 cup cold water and $\frac{1}{2}$ tsp. salt. In medium saucepan, bring 3 cups water to boil. Gradually stir into cornmeal mixture. Cover, cook on low heat, stirring constantly until thick. Cook, covered, 10 minutes, stirring occasionally. Pour into loaf pan ($8\frac{1}{2}$ " x $4\frac{1}{2}$ "); cover with wax paper, refrigerate overnight. Cut loaf into 16 slices. Pour 3 tbsp. melted butter into shallow baking

dish (9" x 13"). Place slices of cornmeal mush in single layer in dish. Bake at 350°, 35 minutes, turning slices over halfway through baking time.] Serves 8.

Chopped Broccoli ($\frac{1}{2}$ cup)

Fresh Fruit in Season (1)

1,353 Total Calories

*PINEAPPLE CARROT BREAD

- 3 eggs
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup butter, melted
- $1\frac{1}{2}$ cups sugar
- 2 tsp. vanilla
- 2 cups shredded carrots
- 1 8 oz. can undrained crushed pineapple
- 3 cups flour
- 2 tsp. baking soda
- $1\frac{1}{2}$ tsp. cinnamon
- 1 tsp. salt
- $\frac{3}{4}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. baking powder
- 1 cup chopped nuts
- $\frac{1}{2}$ cup raisins

Beat together eggs, oil, butter, sugar, and vanilla until foamy. Stir in carrots and pineapple. Add remaining ingredients; stir until just mixed. Pour into two buttered and floured loaf pans ($8\frac{1}{2}$ " x $4\frac{1}{2}$ "). Bake at 325°, 1 hour. 2 loaves (16 slices per loaf).

Incidentally, a wide mouth thermos can be a long-term saver for lunch toters. They're ideal for salads, soups, stews and other hot or cold lunches.

Wise consumers cut cost by avoiding beverages and foods that are low in nutrients and provide little more than calories. Get the most for your money. Be a label reader and compare values and nutrients before you buy.

Milk—the economical, nutritious, convenience food.

It's hard to beat the smooth, natural taste of milk. Especially when it's served icy cold.

Best of all milk is still a very economical buy compared to many other protein foods. And, milk contains many of the nutrients needed in a nutritionally balanced diet and should be a very important ingredient in a weight control program.

Milk and dairy foods provide 72% of the calcium in the American diet. Milk also contains a host of other essential nutrients. U.S.D.A. statistics reveal that of the nutrients available in the U.S. food supply, milk and other dairy foods provide the following:

36% of the riboflavin
33% of the phosphorus
20% of the magnesium
20% of the protein
18% of the Vitamin B₁₂
12% of the Vitamin A
11% of the Vitamin B₆

While providing a wealth of nutrients, milk and dairy foods contribute only 10% of the calories in the American diet.

Shoppers Note: By planning meals a week in advance, you can do all of your shopping at one time. Obvious savings include time, gasoline and the opportunity to buy items in larger quantity at a better price. Also, fewer trips to the store help discourage tempting impulse buys.

Incidentally, milk stored below 40° will stay fresh up to 10 days after the carton date.




Day Four

BREAKFAST

341 calories

Bagel (1/2 toasted)
Lowfat Cottage Cheese (2 tbsp.)
Banana (1/2 small)
Milk (8 oz.)

LUNCH

 ***Minestrone Soup** (1 cup)
Pumpernickel Rye Bread (1 slice with
1 tsp. butter)
Apple (1)
Milk (8 oz.)

DINNER

562 calories

Country Loaf (1 slice)[combine 1 lb.
ground beef, pork, or turkey or
combination of meats; 1 egg,
beaten; 3 bread slices, torn into
pieces; 2 tbsp. milk, 1 1/2 tsp. Wor-
cestershire sauce, 1/4 tsp. oregano,
1/4 tsp. garlic powder, and 1/2 tsp.
salt. Finely chop 1 medium onion,
2 stalks celery, and 1 small carrot.
Saute in 1 tbsp. butter until vege-
tables are soft. Add 1/4 cup tomato
juice. Place meat mixture in loaf
pan (8 1/2" x 4 1/2"). Scoop out center
of meat loaf and spoon in filling.
Cover with remaining meat. Bake at
350°, 1 hour. Drain meat drippings
before slicing.] Serves 4.

Steamed Spinach Leaves (1/2 cup fresh or
frozen)

Whole Wheat Bread (1 slice with 1 tsp.
butter)

Pineapple Chunks (1/2 cup unsweetened
or canned in its own juice)

1,476 Total Calories

*MINESTRONE SOUP

1/4 cup celery
1 onion, chopped
2 tsp. vegetable oil
2 cups broccoli, chopped, fresh
or frozen
2 carrots, cut in chunks
1 medium zucchini, sliced

2 medium potatoes, quartered
1/2 head cabbage, chopped
1 16 oz. can tomatoes
1 tbsp. dried or 2 tbsp. fresh
parsley
1 tsp. crushed basil
1/2 tsp. crushed oregano
1/4 tsp. marjoram (optional)
1/4 tsp. salt
3 cups water
1 1/2 cups cooked kidney beans
1 cup uncooked macaroni
6 tbsp. Parmesan cheese

In large Dutch oven, cook onions and
celery in oil until soft. Add vegetables,
seasonings, macaroni and water. Bring
to a boil, cover, simmer 30 minutes. Add
kidney beans and simmer 15 minutes.
Sprinkle each serving with 1 tbsp.
Parmesan cheese. Serves 6.

Calcium is a Lifetime Need

The maintenance of bones is a lifelong
function and is not restricted to the
young. Healthy regeneration of bones
can occur only when there is ample cal-
cium in the diet and regular exercise.

Milk provides calcium and phosphorus
in a desirable ratio to form bones in a
process termed calcification. Bones,
like any other tissue, need constant
rebuilding. Two 8-oz. glasses of milk
provide 600 milligrams of calcium.
That's 75% of the amount recommended
by nutritionists for an adult.

Although most of the calcium and phos-
phorus we consume is used to build
bones, calcium is needed for blood clot-
ting, normal muscle contraction and
relaxation, (especially for pumping
action of the heart) and normal nerve
transmission.

Food Group	Recommended No. of Servings				
	Child	Teenager	Adult	Pregnant Women	Lactating Women
Milk	3	4	2	4	4

1 serving = 8 oz. or 1 cup milk

Day Five

BREAKFAST

333 calories

Breakfast Sunshine Peach Frosty (1½ cups) [whirl 1 (16 oz.) can sliced peaches, canned in light syrup or water, drained, in blender 1 minute. Pour into large pitcher. Blend 1 pint peach yogurt, 1 peeled orange, 8 ice cubes, and 1 tsp. vanilla extract for a minute. Add to peaches. Stir in 2 cups milk.] Serves 4.

Whole Wheat Toast (1 slice with ½ tsp. butter)

LUNCH

417 calories

Vegetable Juice (4 oz.)

Exotic Tuna Salad Pocket Sandwich (½) [in bowl, mix together 1 (6½ oz.) can water packed tuna, drained; 3 green onions, minced; 2 tsp. minced, fresh cilantro or parsley (or ½ tsp. dried); and ½ tsp. fresh grated ginger or ⅛ tsp. ginger powder. Stir in 2 tbsp. sour cream, 1 tsp. each lemon juice and soy sauce, and mix well. Fill bottom of 4 large pocket bread halves with alfalfa sprouts. Top with ¼ of filling and garnish with sprouts.] Serves 4.



Jicama or Turnip Sticks and Green Pepper Strips (3 each)
Milk (8 oz.)

DINNER

631 calories

*Old-Fashioned Pot Roast with

Vegetable Medley (3 oz. meat, 1 cup vegetables)

Tossed Salad with Creamy Herb Dressing (1 cup salad with 1 tbsp. dressing) [combine ¼ cup milk, ¼ cup sour cream, 1½ tsp. lemon juice, ½ tsp. dried parsley flakes, ¼ tsp. dried oregano, ¼ tsp. dried basil, ⅛ tsp. salt, and dash pepper. Chill for at least 1 hour.] Serves 8.

Hard Roll (1 roll with 1 tsp. butter)
Milk (8 oz.)

1,381 Total Calories

*OLD-FASHIONED POT ROAST WITH VEGETABLE MEDLEY

- 1 2 lb. beef rump or chuck roast
- 2 tbsp. flour
- ¼ tsp. salt
- ½ tsp. thyme
- dash pepper
- ¼ tsp. dry mustard
- 2 tbsp. butter
- 1 clove garlic, minced
- 1 bay leaf
- 1 celery stalk
- 1 cup beef bouillon
- ½ cup red wine or beef bouillon
- 1 tsp. Worcestershire sauce
- 6 large carrots, peeled, cut into chunks
- 6 large turnips, peeled, quartered
- 6 large onions, peeled, quartered

Rub meat with flour, salt, thyme, pepper, and dry mustard. Melt butter in Dutch oven; add meat, brown on both sides. Reduce heat; add garlic, bay leaf, celery stalk, bouillon, wine and Worcestershire sauce. Cover; simmer ½ hour, turning meat every 15 min. Add carrots, turnips and onions; continue cooking 45 minutes or until tender. Serves 8.

Day Six

BREAKFAST

323 calories

Whole Wheat Pancake (1 4-inch)

Fresh Fruit Sauce (1/4 cup) [pour 2 tbsp. water over 2 tbsp. raisins; let stand until raisins are plump. Combine 2 ripe bananas, 1/2 orange, juice of 1/2 lemon, and raisins in blender; blend until smooth.] Serves 4.

Milk (8 oz.)

LUNCH

415 calories

Shredded Beef Tacos (2) [use meat and vegetables leftover from Old Fashioned Pot Roast in Day Five. In saucepan, combine 1/2 cup cooked, shredded beef, 1/2 cup chopped, cooked vegetables, 1/4 cup broth and 1/8 tsp. crushed red chili. Simmer, covered, 20 minutes. Fill each taco shell with 2 tbsp. meat mixture. Top each with 2 tbsp. shredded lettuce, 1 tbsp. shredded cheddar cheese and 1 tbsp. salsa.] Serves 4.

Tapioca Pudding (1/2 cup)

DINNER

752 calories

*Squash 'n Chicken Skillet (1 serving)

Crunchy Coleslaw (1 cup) [in large bowl, layer 1/2 head shredded green cabbage, 1/2 cup chopped green pepper, and 1 medium onion, cut into rings; sprinkle 2 tbsp. sugar over top. In saucepan, combine 1/4 cup white vinegar, 2 tbsp. vegetable oil, 1 tsp. sugar, 1 tsp. salt, 1/2 tsp. celery salt, and 1/2 tsp. dry mustard; mix well. Bring to a boil, stirring constantly. Pour over slaw; cover, refrigerate, at least 4 hours. To serve, toss slaw to mix well.] Serves 4.

Whole Wheat Roll (1)

Fresh Fruit in Season (1)

Milk (8 oz.)

1,490 Total Calories

*SQUASH 'N CHICKEN SKILLET

- 1 chicken fryer, cut into 8 pieces
- 1/4 cup seasoned flour
- 2 tbsp. butter
- 4 cups squash, sliced or cubed
- 1 large onion, sliced into rings
- 1 large tomato, chopped
- 1 tsp. salt
- 1/2 tsp. crushed basil
- 1/4 tsp. marjoram, optional
- 1/4 tsp. dried chives, optional
- 1/4 tsp. pepper
- 1/4 tsp. paprika, optional

Coat chicken with seasoned flour. In large skillet, melt butter; add chicken. Cook 10 minutes or until brown on all sides. Remove chicken. In skillet, cook squash and onion 5 minutes. Return chicken to skillet; add tomato. Add all remaining ingredients except paprika. Reduce heat to low; cook, covered, 40 minutes or until done. Sprinkle with paprika. Serves 4.

Attention dieters: *You can lose weight by burning more calories than you eat or adjust your eating pattern to below your activity level. The successful way to lose fat is to combine a sensible exercise program with a modified calorie menu plan.*



Away from Home Meals can be Nutritious and Economical, too!

If you think you are saving money when children take lunches from home rather than buying them at school, think again. School menus include popular food items from the U.S.D.A. basic food groups. The meals are tasty, nutritious and extremely reasonable.

The following figures from U.S.D.A.* compare school and bag lunches of similar nutritional value as well as typical fast food outlets.

SCHOOL LUNCH

Turkey sandwich on a roll, carrot and celery sticks, fresh fruit and milk.

Cost \$0.75

BROWN BAG LUNCH

The same lunch, prepared at home with milk purchased at school.

Cost \$1.05

SCHOOL LUNCH (High School)

One (1) quarter pound hamburger, french fries, lettuce and tomato or fresh fruit and milkshake.

Cost \$1.00

FAST FOOD RESTAURANT

(Does not include lettuce, tomato or fruit).

Cost \$2.45

Prices will vary, of course, depending upon area. It is quickly apparent, however, that the school cafeteria offers nutritionally balanced meals at a reasonable price.

Although parents are able to provide nutritious brown bag lunches, surveys indicate that most bag lunches contain soda pop, packaged cakes and other items of low nutrient density. Our dietitians recommend the school lunch program especially for elementary school youngsters because they know the meals offer excellent nutritional quality.

One good thing about each of the lunches above: they all include milk. Mothers should encourage youngsters (and the rest of the family, too) to pick up a carton of milk with their lunch when eating away from home. Milk makes the meal.

Parents: Take a kid to lunch and discover school lunches for yourself.

*Reference: Bonnie W. Polk, Office of Public Information, Food and Nutrition Service, U.S.D.A., 1982.

Day Seven

Entertaining is fun. Even on a budget. Day Seven includes a delightful dinner that guests will love. You might want to splurge with a little candlelight, flowers and soft music.

BRUNCH

592 calories

Pink Grapefruit Half (1)

8 *Brunch Puff (1 square)

Tomato Wedge (3)

Ham Slice (1 oz.)

Milk (8 oz.)

DINNER

803 calories

*Budget Beef Bourguignon

Wide Egg Noodles (½ cup, cooked)

French-Cut Green Beans (½ cup, fresh or frozen)

Parkerhouse Roll (1 roll with 1 tsp. butter)

8 Apple Gelatin Dessert (1 serving) [dissolve 2 envelopes unflavored gelatin in ½ cup cold apple juice. Add 3½ cups boiling apple juice. Pour into 8 individual molds. Chill until partially set. Add 2 tbsp. chopped red apple to each mold; chill until firm.] Serves 8.

Milk (8 oz.)

1,395 Total Calories

*BRUNCH PUFF

8 whole wheat bread slices, cubed

1 cup (4 oz.) shredded sharp cheddar cheese

2 stalks celery, chopped

1 small onion, chopped

1 tbsp. butter

½ tsp. salt

¼ tsp. onion powder

4 eggs, beaten

2 cups milk

½ tsp. dry mustard

dash of ground red pepper

In a buttered 8-inch square baking dish, layer ½ of bread cubes and ½ cup of cheese. Cook celery and onion in butter

5 minutes; place on top of bread and cheese layers. Layer remaining bread cubes and cheese. Mix together eggs, milk and seasonings; pour over casserole. Refrigerate several hours or overnight. Bake at 350°, 45-50 minutes, or until knife inserted in center comes out clean. Let stand 5 minutes. Cut into 6 servings. Serves 6.

*BUDGET BEEF BOURGUIGNON

1½ lb. boneless chuck, cut into 1-inch cubes

2 tbsp. butter

2 large onions, quartered

1 4 oz. can button mushrooms, drained or ¼ lb. fresh, quartered

2 tbsp. cornstarch

1 6 oz. can tomato paste

1 cup red wine and ¾ cup sherry (or 1¾ cup beef bouillon)

1 cup beef bouillon

1 bay leaf

dash of pepper

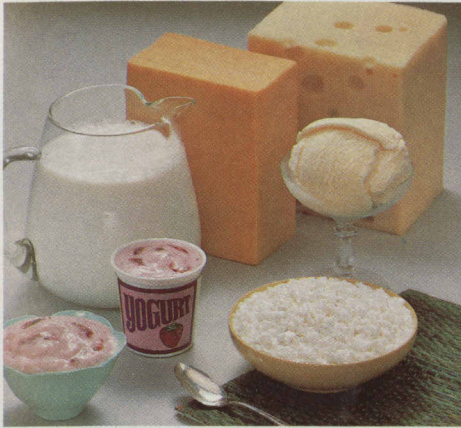
In Dutch oven, brown meat in butter. Remove beef. Add onion and mushrooms, cook 10 minutes. Remove vegetables from pan. Add cornstarch and tomato paste, stir until blended; stir in wine and sherry or beef bouillon. Bring to boil. Add beef, vegetables, and remaining ingredients. Cover, simmer, 1½ hours or until done, stirring occasionally. Serves 6.

The U.S. Department of Agriculture recommends using the basic food groups as a sensible dietary guide for sound nutrition. Choose a wide variety of foods, in moderation. Include milk with your meals because milk is one of the best sources of calcium, so necessary in bone maintenance.

Fitness Forever Daily Food Guide

Establish a daily eating pattern that includes a variety of foods from each of the first four food groups.

Milk: Calcium, Riboflavin (B₂), Protein



Fruit/Vegetable: Vitamins A and C



Meat: Protein, Niacin, Iron, Thiamin (B₁)



Grain: Carbohydrate, Thiamin (B₁), Iron, Niacin

Recommended Servings:

MILK

2 Servings/Adults

4 Servings/Teens

3 Servings/Children

MEAT

2 Servings

FRUIT/ VEGETABLE

4 Servings

GRAIN

4 Servings



Others: Calories, Fats

Amounts should be determined by caloric needs

The Basic Foods - Still Your Best Buy!

Thrifty consumers can save by careful planning and shopping. Read those ads.

- **Milk.** Always a good value. A super source of calcium plus many other important nutrients.
- **Fruit and vegetables in season.** Make the most of these vitamin A and C sources when they are abundant.
- **Meat, Poultry, Fish.** Look for advertised specials. Take advantage of good buys. Buy in quantity—freeze for later use.
- **Eggs/Beans/Cheese.** Three versatile foods that can extend main dishes and provide many beneficial nutrients.
- **Bread/Cereals.** Buy whole grain, fortified or enriched grain products.

Note: The "REAL" Seal, found only on real dairy foods, is your assurance that the product meets federal standards for dairy products.



American Dairy Association of Michigan, Inc.
3000 Vine Street
Lansing, Michigan 48912